

General Psychology - Final Exam Study Guide

Chapter 1: Introduction to Psychology

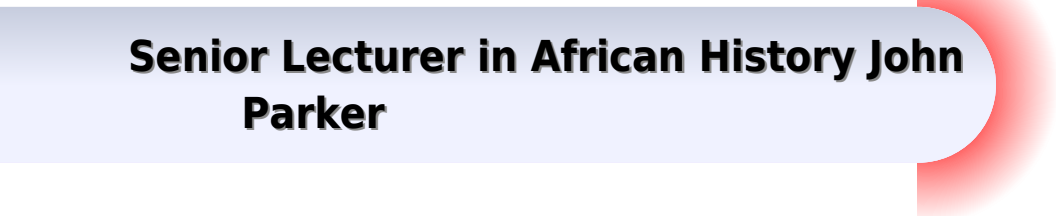
- **Definition of Psychology:** The scientific study of behavior and mental processes.
- **Goals of Psychology:** Describe, explain, predict, and control behavior and mental processes.
- **Historical Foundations:**
 - Structuralism (Wundt): Introspection to analyze consciousness.
 - Functionalism (James): How mental processes help individuals adapt to their environments.
 - Psychoanalysis (Freud): Unconscious motivations and conflicts.
 - Behaviorism (Watson, Skinner): Observable behavior and learning.
 - Humanistic Psychology (Rogers, Maslow): Emphasis on human potential and self-actualization.
- **Modern Perspectives:**
 - Biological: Brain and nervous system.
 - Cognitive: Mental processes like thinking and memory.
 - Behavioral: Learning and behavior through reinforcement and punishment.
 - Socio-cultural: Influence of society and culture.
 - Evolutionary: How natural selection influences behavior.
 - Psychodynamic: Unconscious drives and conflicts.
 - Humanistic: Free will and self-actualization.

Chapter 2: Research Methods

- **Scientific Method:** Systematic approach to research.
- **Types of Research:**
 - Descriptive: Observations, case studies, surveys.
 - Correlational: Relationship between variables.
 - Experimental: Cause-and-effect relationships.
- **Key Concepts:**
 - Hypothesis: Testable prediction.
 - Variables: Independent, dependent, and confounding variables.

Psychology 101 Final Exam Study Guide

**Senior Lecturer in African History John
Parker**



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Developing Learner-Centered Teaching Phyllis Blumberg, 2017-07-27 Developing Learner Centered Teaching offers a step by step plan for transforming any course from teacher centered to the more engaging learner centered model Filled with self assessments and worksheets that are based on each of the five practices identified in Maryellen Weimer's Learner Centered Teaching this groundbreaking book gives instructors faculty developers and instructional designers a practical and effective resource for putting the learner centered model into action *Psychology 101* Pearson Learning Solutions, 2000-08

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